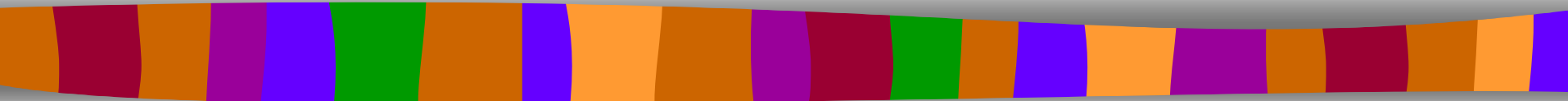# Nutrient Standard Menu Planning

Bureau of Food and Nutrition
Iowa Department of Education
May 2003

Iowa's Menu Planning Systems

- Traditional Food Based
- Enhanced Food Based
- Nutrient Standard
- Assisted Nutrient Standard
- Additional Methods

Food Based Menu Plans

- Traditional
  - oldest method, no additional grain or fruit/vegetable servings required
  - Grade Groupings: K-3, 4-12, opt. 7-12
- Enhanced
  - designed to help schools meet dietary goals without requiring analysis
  - additional grain and fr/veg servings needed
  - Grade Groupings: K-6, 7-12 opt. K-3
- Additional Menu Planning Methods

Nutrient Based Menu Plans: Both Require Analysis of All Meals

- Nutrient Standard Menu Planning
  - School does their own analysis
- Assisted Nutrient Standard Menu Planning
  - School contracts with outside agency to do the analysis
- Both have required grade groups: K-6, 7-12, opt. K-3 <u>or</u> establish your own to fit your building (need at least two)

A Complete Nutrient Analysis:

- Use USDA approved software program: website address-schoolmeals.nalusda.gov:8001/software

- Use the correct age/grade groups for your school

- Add targets for sodium and fiber as defined by the State Agency

Comparing Methods

Food Based Methods

- Components
- Plan menus for variety and for lower fat throughout the week.
- Not sure if nutrient standards are met, but are still required to meet them.

Analysis-based Methods

- Menu Items: sides, entrees, milk
- Choose specific foods to meet weekly nutrient goals for age groups.
- Plan to meet nutrient goals and know they are met before meals are prepared/served.

School Nutrition Goals

- Plan menus that meet the nutrition goals when averaged over a school week for:
  - RDA for key nutrients
  - Calories
  - Dietary Guidelines
- Established in School Meals Initiative regs

Meeting Nutrition Goals with Nutrient Standard Menu Planning

- Use of USDA-approved software
- Correct targets set according to grade groups
  - custom age or grade groups to meet natural groupings in your buildings
  - special consideration needs to be given to the 5-6 grade level and setting targets

Good Menu Planning for Health

- Regardless of menu planning option chosen, plan menus for a wide variety of foods.

- Also plan to get nutrients from natural sources whenever possible; avoid over-reliance on fortification

- Even though not required, try to plan two or more servings/options of fruits and vegetables
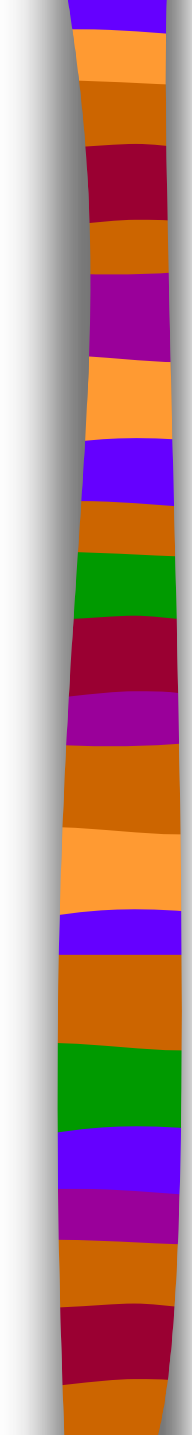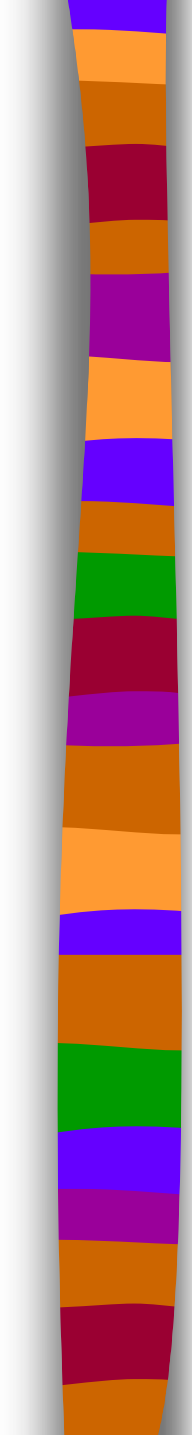
Menu Planning and the Dietary Guidelines

- Build a Healthy Base: use the Food Guide Pyramid to plan, incorporate a variety of grains, fruits and vegetables, and keep foods safe to eat

- Choose sensibly: choose low saturated fat and moderate total fat, choose beverages and foods moderate in sugar, choose and prepare foods with less salt

Major Features of Nutrient Standard Menu Planning

- Meals must meet nutrition goals when averaged over a week, using computer-generated analysis
- Minimum of two established grade/age groups for K-12 planning <u>or</u> define your own groups
- Meals must meet correct meal structures
- Offer versus serve required for High School, optional for grade school

- Kitchen must use standardized recipes for any menu item with two or more ingredients
- All processed foods must be entered in database
- Menus and recipes must be analyzed as planned and served
- Must keep daily production records and menus

Meeting nutrient targets, averaged over a week

- Variety in foods
- Incorporating some foods high in Vitamin A and C each week
- Using high fat entrees carefully
- Fairly consistent calorie levels each day
- Weighting or Simple Averaging for menu items?

Meal Structures

- Breakfast meal structure: <u>minimum</u> of three menu items - two side dishes and fluid milk served as a beverage

- Lunch meal structure: <u>minimum</u> of three menu items - an entrée, one side dish and fluid milk served as a beverage
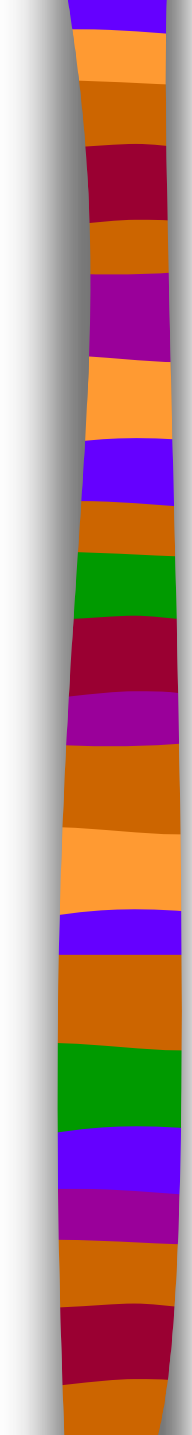
Offer versus Serve

- Optional at the Elementary level, required for High School level

- Students must be offered a minimum of three menu items; they must select two of three. If more than three are offered, they can decline only two items.

- One item selected must be the entrée in a lunch meal. (no entrée at breakfast)

Standardized Recipes

- <u>Required</u> for Nutrient Standard Menu Planning

- Essential to correct analysis

- Each recipe must specify portion size, all ingredients, procedures to follow, total yield

- Should be used for all menu items with two or more ingredients or any prep

- Recipes are named accurately to provide information about what is included: hamburger patty/bun
- Choose correct ingredients and form when adding recipes to database
- Correct yield information
- All ingredients are in recipe
- Correct type of measure and amount is entered: fluid oz. or oz. by weight
- No missing nutrient data is allowed!

Your Database-What's in there?

- USDA database has all USDA recipes, most non-branded simple ingredients, some processed foods, some brand name items

- You must add information on the brand items you purchase if they are not included-get information from your vendors

Consistency from plan to tray

- Recipes are correctly sized, and amount of ingredients used yields the total recipe volume and servings stated

- Menu portions matches number of meals served

- Production records should match observed preparation and meal service

- Observed serving sizes correspond to analyzed serving sizes

Required Recordkeeping

- Must Keep:
  - daily and weekly summaries documenting compliance
  - production records
  - dated menus
  - nutrient data information for items added to database
  - standardized recipes
  - production information on a la carte or adult meals

Keys to Success with NSMP

- Thorough planning-the menu reflects how the meal will be analyzed
- Planning and analyzing more than 2 weeks in advance
- Using recipes in kitchen as analyzed
- Reviewing number of portions planned periodically to reflect reality

The Future in Nutrient Standard Menu Planning

- National Task Force
- Guidance materials to be developed
- Possible definition of consequences for noncompliance

To get a copy of slides and notes from this presentation, go to:
http://www.state.ia.us/educate/ecese/fn/
and look under the "training" section for Nutrient Standard Menu Planning ICN

Questions?

Is any person having a light-bulb moment?